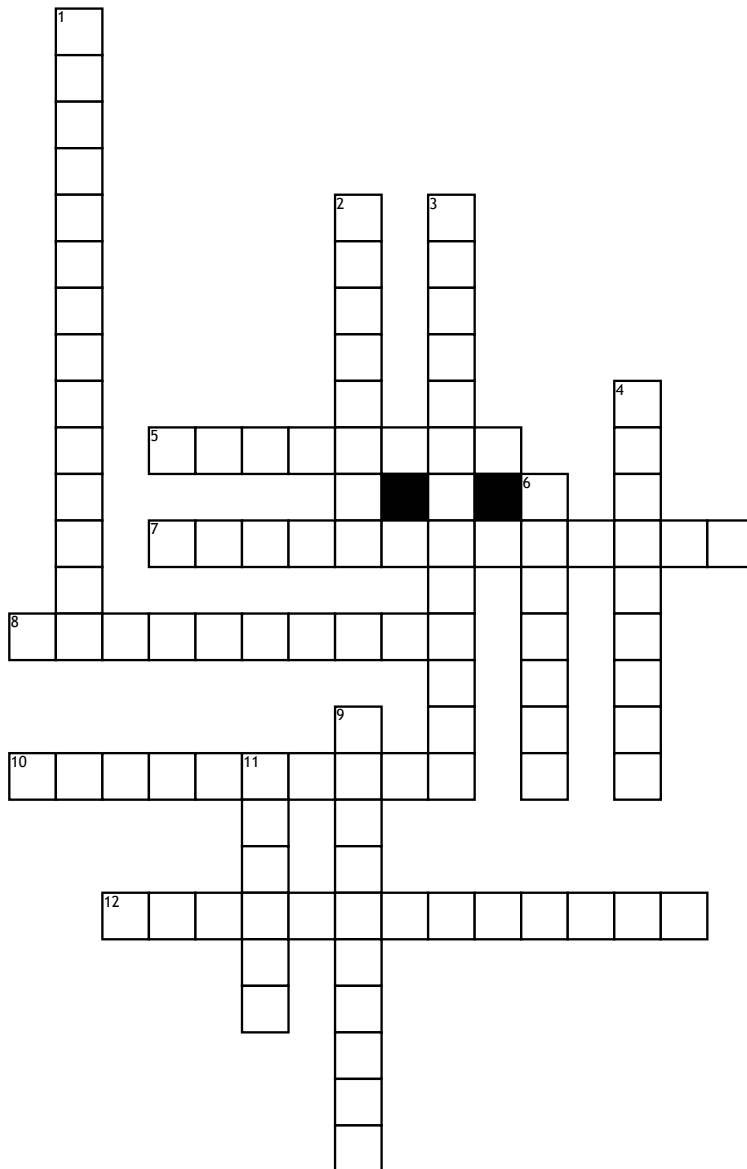


Recreation & Leisure Education



Across

5. Engaging in ways to be physically, mentally and spiritually healthy

7. The personal development of new coping skills and interests

8. Created by the body when engaged in pleasurable activities

10. Developed through valued accomplishments and simple acts of kindness

12. A social skill essential to effective communication

Down

1. Achieved by a person through engaging in creative arts

2. evenly _____

3. Sober safety net

4. Repetitive healthy social activities

6. A relapse trigger

9. Quietly taking breaths and listening

11. Activities that reduce oxygen in the body and cause anxiety